ABSTRACT OF THE DISCLOSURE

In order to adapt the damping behavior at a wider range in a process for damping torsional vibrations and in a torsional vibration damper, the length of an elastic element can be changed in dependence on a relative angle between two rotational subassemblies, with the degree of change in length being variable in dependence on the relative angle. Furthermore, a thrust piston of a coupling element, which couples the two subassemblies, can be displaced in dependence on the relative angle, relative to a first one of the two subassemblies.